Savor the Flavor of Spring!
This month we begin to see a slow transition from Winter to Spring and with it comes new seasonal produce to enjoy! Fruits, vegetables, and herbs that are currently in season are harvested at their peak flavor and nutrient density.

Check your local market but in most states, spring vegetables and fruits include:

- Rhubarb
- Strawberries
- Broccoli
- Apricots
- Onions
- Cherries
- Artichokes
- Spinach
- Radishes
- Lettuce
- Leeks
- Snow Peas

Visit your local Extension office or their website for more information!
[http://extension.colostate.edu/](http://extension.colostate.edu/)

Grow Your Own Fresh Herbs
Growing your own herbs is a great way to save money and make flavorful additions to your favorite dishes. For outdoor plantings, wait until after the last frost of the season.

However, if you are interested in beginning your garden from seeds instead of buying sprouts, you can start them in small containers indoors. They will do well kept indoors for about eight weeks and then you can transfer them to a garden or larger pots outside on a patio.

CSU Extension has great information about starting your own herb garden:
[http://www.ext.colostate.edu/mg/GardenNotes/731.html](http://www.ext.colostate.edu/mg/GardenNotes/731.html)
Mix Up Your Methods

Try a variety of cooking methods to serve and enjoy your favorite fruits and veggies!

**HERBS and SPICES** Be bold and add herbs and spices to vegetable and fruit dishes to add flavor without adding extra fat, sugar, or sodium.

**RAW** Eating fruit or vegetables raw allows you to taste them in their natural state. But don’t think that’s the only way to appreciate them! Try them with different marinades, sauces and dressings to change things up and keep your taste buds guessing!

**BRAISING and POACHING** Both methods involve cooking food in a small amount of liquid until tender. You can use water or experiment with other liquids; try low-sodium broths, vinegar or wine to add extra flavor!

**ROASTING** This cooking method allows the sugars in vegetables to caramelize, bringing out a sweet, toasty flavor. You can also try roasting or broiling fruit to add more complex layers of flavor that you might not experience when eating it raw.

**GRILLING** Cooking vegetables, fruits and herbs on the grill offers similar benefits to roasting with an added layer of a smoky flavor.

**PICKLING** Not just for cucumbers! Pickling vegetables helps preserve them for long periods of time, but the bite of vinegar and spices can also bring a little bit of something extra to a dish that you might not have realized was missing.

Cook Your Spices For More Flavor

Cooking spices before adding them to your dishes allows their aromas and flavor to bloom. You might be familiar with the idea of sautéing your garlic and onions before adding other ingredients to a pan. For ground or whole spices, the best method is toasting them in a skillet over medium-low heat until they begin to smell warm and toasty; just be careful not to let them burn! After toasting, set them aside until it is time to add them to the rest of the dish.
Rhubarb Compote

*Rhubarb compote is a great topping for your vanilla ice cream, fruit pies, or yogurt.*

**Ingredients**

- 1 3/4 pounds fresh or frozen rhubarb (about 6 cups)
- 1 cup sugar
- 1 piece (about 1 inch) fresh peeled ginger, finely grates (can substitute with 1 teaspoon dried ginger)

**Directions:**

1. If using fresh rhubarb, wash the stems, cut off the leaves, trim the ends, and cut crosswise into 3/4-inch pieces.

2. Mix together the chopped rhubarb and sugar in a saucepan. Do not turn on the stove yet, but let the mixture stand for 10 minutes to release the liquid (this process is called maceration).

3. After the 10 minutes have passed, turn on the stove and bring the rhubarb mixture to a boil over medium-high heat, stirring occasionally using a spatula. Slowly reduce the heat and simmer the mixture for approximately five minutes until the rhubarb is broken down. Remove from heat.

4. Add ginger and stir with a spatula.

5. Let the sauce cool completely, then serve with yogurt or ice cream.

**Serving size:** 3.5 ounces

**Yield:** 10 servings

**Nutritional Information/ Amount per serving:**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>95</td>
</tr>
<tr>
<td>Protein</td>
<td>0.7 g</td>
</tr>
<tr>
<td>Total fat</td>
<td>0.2 g</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>24 g</td>
</tr>
<tr>
<td>Saturated fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1.5 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>3.4 mg</td>
</tr>
</tbody>
</table>
**SPRING DATE NIGHT: THAI FOOD**

Our popular cooking class for you and your favorite partner returns on **Friday, April 8 from 6-8 pm**. You will prepare delicious dishes with us, learning about cooking and nutrition while having fun! Cost of just $60 per couple includes printed recipes and a full meal. Register online at

http://www.nutritioncenter.colostate.edu/classes/date-night.aspx

**NATIONAL DIABETES PREVENTION PROGRAM**

If you have Prediabetes, stop it in its tracks! We are proud to be part of the CDC's nationwide effort to prevent diabetes. FREE for Anthem Blue Cross Blue Shield Insurance members if you qualify. We also have other insurances and self-pay options! Call for more information: (970) 491-8615. Starts **Tuesday, March 22**. Visit our website to see if you qualify or call today for details. [http://www.nutritioncenter.chhs.colostate.edu/programs-services/diabetes-prevention-program.aspx](http://www.nutritioncenter.chhs.colostate.edu/programs-services/diabetes-prevention-program.aspx)

**REACH AND MAINTAIN YOUR OPTIMAL WEIGHT THIS YEAR**

Our 6-week ‘Healthy You: Weight Management and Mindful Eating’ program helps you set goals, change behaviors, and learn the nutrition and fitness tips you need for a new and improved lifestyle! Use our self-paced program, including its easy-to-read workbook of newsletters, activities, tips sheets, recipes, and homework. Only $75, includes shipping and handling. Order online at [http://www.nutritioncenter.colostate.edu/programs-services/healthy-you-self-paced.aspx](http://www.nutritioncenter.colostate.edu/programs-services/healthy-you-self-paced.aspx)

**TELECOACHING**

Did you know you can talk with one of our registered dietitians by telephone, Facetime or Skype? Get the nutrition coaching you need without having to travel to our office! Visit us at [http://www.nutritioncenter.colostate.edu/programs-services/nutrition-counseling.aspx](http://www.nutritioncenter.colostate.edu/programs-services/nutrition-counseling.aspx) or call (970) 491-8615 to schedule an appointment.